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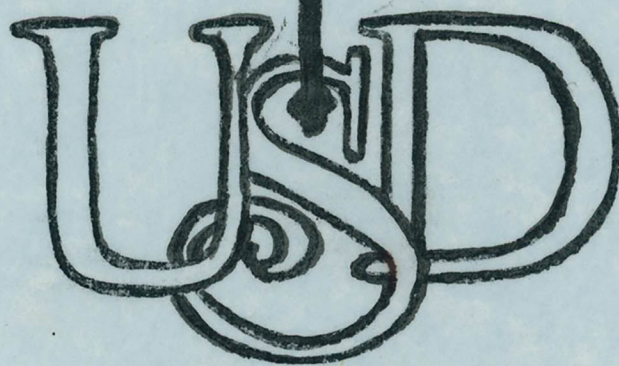
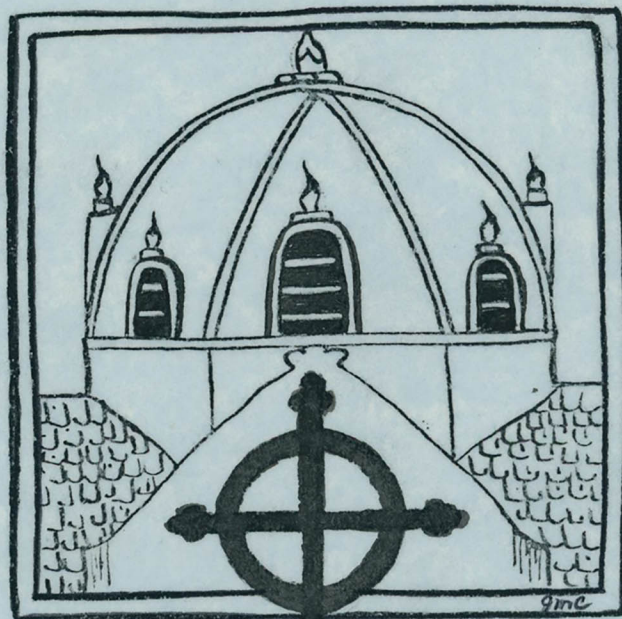
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University of San Diego

Nurses Honor Society

April 2, 3, 1981

THE UNIVERSITY OF
SAN DIEGO
NURSES' HONOR SOCIETY

Since the Spring of 1975, Dr. Irene Palmer, Dean of Nursing, had spoken to each class of the University of San Diego nursing students about the meaning, purposes, and values of the National Honor Society of Nursing, Sigma Theta Tau, and the wisdom and desirability of having a chapter in the Philip Y. Hahn School of Nursing, University of San Diego. Dr. Evelyn Sobol, Associate Professor of Nursing wholeheartedly agreed with this concept and expressed an interest in working with faculty and students to establish an honor society.

As the School of Nursing grew in size and numbers, and the completion of the new School of Nursing building took place, Dr. Palmer and Dr. Sobol nurtured the interest and enthusiasm for the National Honor Society of Nursing, Sigma Theta Tau, among the student population.

In the early Spring of 1978, Dr. Sobol reviewed the grade point averages of the undergraduate seniors and the current graduate students. The President of the Senior undergraduate class, Ms. Carol Anderson, assisted Dr. Sobol by conducting a poll by mail to determine student support for the establishment of an honor society.

Throughout the early summer of 1978, the responses were received from the nursing students and alumnae. In August of 1978, Dr. Sobol wrote to Sigma Theta Tau headquarters requesting guidelines for organization of a chapter of Sigma Theta Tau. Executive Officer Nell Watts sent Dr. Sobol some newly revised

materials on August 16, 1978, noting that the "Guidelines for Establishment of Chapters" which were under revision would be available in late 1978.

The compiled responses from the undergraduate and graduate nursing students and recent alumnae were positive and enthusiastic. Dr. Sobol informed Dr. Palmer and the nursing faculty of the encouraging responses and proposed the formulation of a Steering Committee for the Honor Society.

On October 15, 1978, Dr. Sobol gained University Administration approval for the formation of the University of San Diego Nurses' Honor Society. This approval gave the Honor Society the right to use the University of San Diego's name and to have official status on campus. This official support gave recognition to the high nursing standards achieved by the School of Nursing. On that date, Sister Sally Furay, Vice-President and Provost, and Dr. Irene Palmer, Dean of Nursing, gave their formal permission to proceed with the formation of a local honor society in preparation for application to become a chapter of Sigma Theta Tau.

The University of San Diego Alumni News took note of the formation of a Nursing Honor Society. Published notice of this Society appeared in the Philip Y. Hahn School of Nursing Orientation Packet for the first time in late 1978.

On October 17, 1978, a Steering committee was formed. It was established according to the Sigma Theta Tau Guidelines; the initial tasks of the Committee included the formulation of By Laws, outlining eligibility requirements for members of the

Honor Society, and consideration of the sponsorship of a Research Conference in the Spring of 1979. The Steering Committee was composed of undergraduates Carol Anderson, Sue Gallop, graduate students Joan Baldwin, Christine Brown, alumnae Carolyn Cassels, Anna Mae Eckstein, Carol Judkins, and faculty members Dr. Evelyn Sobol, Professor Janet Blenner, and Dr. Sonja Herman. The Steering Committee was selected by faculty and eligible students who participated in that first organizational meeting. Approximately thirty-five undergraduate and graduate students and alumnae were present at this meeting. The purposes of the organization and the duties and responsibilities of the Steering Committee were explained by Dr. Sobol.

Subsequent meetings of the Steering Committee took place throughout the fall and winter of 1978. Two Standing Committees were established within the Steering Committee: By Laws and Membership.

On February 2, 1979, Sister Rosemary Donnelly, National President of Sigma Theta Tau spoke to the Steering Committee, Dr. Irene Palmer, Dean of Nursing, University of San Diego, and Margaret Stevenson, Chairman of Nursing, Point Loma College. The purpose of the meeting was to explore the feasibility of a Sigma Theta Tau chapter at the University of San Diego versus the Chapter at Large concept. Professor Stevenson was present to examine the possibility of joint chapter meetings in the future.

In January, 1979, informational letters and membership forms for the Honor Society were sent to those persons that met Sigma Theta Tau criteria.

The first organizational meeting of the charter members of the USD Nurses' Honor Society was held on April 2, 1979. Twenty-seven members were present. On the agenda for this meeting was a welcome by Carol Anderson Lieberman, who thanked the Steering Committee for their hard work in undertaking the formation of this organization which would promote academic excellence and leadership in nursing at the collegiate level at the University of San Diego. In addition, the Nominating Committee presented the candidates for office, and ballots were cast for the candidates. Dr. Janet Blenner, faculty advisor, spoke of the benefits and rewards of belonging to Sigma Theta Tau. Dr. Blenner was initiated into Sigma Theta Tau, Upsilon Chapter, New York University, in the Spring of 1977. While remaining a member of Upsilon Chapter, she became a member of the USD Honor Society at its inception. Dr. Irene Palmer, Dean of the Philip Y. Hahn School of Nursing, University of San Diego, elaborated on the significance of Sigma Theta Tau. She also spoke of the many changes in the nursing program at USD since its beginning and noted that the organization of the Honor Society was a positive force which would support high achievement in the nursing field both in scholastic and leadership areas.

The final item on the agenda was the presentation of the USD Nurses' Honor Society's first Executive Board: President, Carolyn Cassels; Vice-President, Sue Gallop; Secretary, Carol Judkins; Treasurer, Christine Brown; Faculty Advisor, Professor Janet Blenner.

On June 2, 1979, the USD Nurses' Honor Society presented its first Research Symposium. President Carolyn Cassels opened the symposium by introducing Dr. Irene Palmer, Dean of the Philip Y. Hahn School of Nursing, University of San Diego. Dr. Palmer welcomed the group and stressed the success of increased participation and interest in research by registered nurses in San Diego. Sally Galbraith Thomas, R.N., Ph.D., F.A.A.N., Assistant Professor, School of Nursing, UCLA, spoke on her current research being conducted on "Breast Reconstruction and Its Effects on the Psychological Adjustment of Cancer Patients". Laura Rey, R.N., Ph.D., Director of Research and Development, San Francisco Home Health Service, and Assistant Professor, UCSF, spoke regarding her research entitled "Home Care of the Chronically Ill and Elderly". "Bereavement of Spouses of Dying Patients" was the research topic presented by Cynthia Walker, Ph.D., Clinical Psychologist in private practice in San Diego. Marcella Davis, R.N., D.N.Sc., Associate Chief, Nursing Research at San Diego Veterans Administration Medical Center, spoke of her exploratory study on "Patient Participation in Care". Approximately fifty one in attendance heard these speakers report the results of their studies.

In July, 1979, the first USD Nurses' Honor Society Newsletter was published and mailed to all members. All committees were quite active; the By Laws Committee continued to review and revise the by laws in preparation for chartership, and the Publicity and Eligibility Committees were also preparing for upcoming events.

The Fall Business Meeting for the USD Nurses' Honor Society was held on October 5, 1979. Thirteen new members had been accepted into the Honor Society. It was decided to have a potluck dinner each fall for returning and new members for the purpose of becoming acquainted.

In October, 1979, Volume 1, Number 2 of the USD Nurses' Honor Society newsletter was published. It was expanded to include an updated membership roster and an opinion page on nursing issues.

President Carolyn Cassels and Professor Janet Blenner attended the Sigma Theta Tau's Twenty-Fifth Biennial Convention in Seattle, Washington, on November 7-9, 1979. They reported to the Executive Board regarding the fine program and emphasis upon leadership.

The Honor Society presented their second educational program entitled "Who Are We?" in December, 1979. Evelyn Anderson, R.N., Ph.D., presented her theories of role and role definition to twenty one area nurses. Sonya Herman, R.N., D.N.Sc., presented her concept of "Nurses and Autonomy".

The third newsletter was published in February, 1980. Continued emphasis upon excerpts of research being conducted as well as information regarding the various committees became a hallmark of the newsletter.

The Spring Business Meeting was held March 31, 1980. Committee reports were read and several resolutions and motions were passed. In the April newsletter, ballots for new officers, Vice-President and Treasurer, were included as well as biographies

of the candidates. San Diego area Research Updates were also included in this newsletter. Regina Micone, R.N., M.S.N. and Karen Zappone, R.N., M.S.N. presented the first masters thesis at the Philip Y. Hahn School of Nursing, University of San Diego, entitled "Parents' Prediction of Childrens' Self Concept in Diagnosed Gilles de la Tourette Syndrome as Compared with Control Children". They examined the issue of chronic illness in children and explored its effects on the self concept of the child and parents. It was further announced that JoAnn Clark, R.N., M.S.N., was conducting a questionnaire survey of the graduates of the RN/LVN Refresher Program at the Grossmont Health Careers Center in La Mesa. Carolyn Cassels, R.N., M.S.N., Anna Mae Eckstein, R.N., M.S.N., and Katherine Fortinash, R.N., M.S.N., reported their study of how retirees may benefit from nursing intervention. Results of this study were subsequently submitted and accepted for publication by the Journal of Gerontological Nursing.

At the Spring Research Conference, May 10, 1980, Martha Rogers, R.N., Sc.D., presented "A Theoretical Approach to Holistic Health Care" to fifty-three area nurses. She discussed her theoretical basis of nursing including reciprocity, helicy, and resonancy in the six hour workshop. Ample opportunity was made available to further explore her concepts.

August, 1980, began the second year of the newsletter. Results of the mail ballot conducted in the Spring were announced. The new Vice-President would be Christine Brown, and the new Treasurer, Aloma Gender. Chris Trelease, R.N., M.S.N., reported

her research entitled "The Effect of Personal Female Variables on Body Image". She appraised the expressed feelings of women's body image using the Body Cathexis Scale and found a significantly higher body image among women who were of normal weight with more education and who were presently employed.

Aloma Gender, R.N., B.S.N., reported that she presented a paper at the Association of Rehabilitation Nursing Conference in Seattle entitled "Increased Nursing Accountability Through Implementation of a Complete Nursing History and Physical in a Rehabilitation Setting."

The annual Fall Business meeting was held September 22, 1980. The revised by laws were reviewed and passed. Twenty-three applicants' names were presented for consideration as new members. A new Nominating Committee was elected.

On November 10, 1980, a potluck was held to introduce the twenty-three new members to the Honor Society.

The November, 1980, newsletter was replete with the accomplishments of many of the Honor Society's members. Mary Ellen Farrell, R.N., M.S.N., designed and implemented the Cancer Care Coordinator Project for Scripps Memorial Hospital and the Visiting Nurse Association, San Diego. The project goal was to recommend to the sponsoring agencies a cost effective nursing role that would promote maintenance of the cancer client at home through comprehensive discharge planning, coordination of services, crisis intervention, and consistent follow-up and re-evaluation. Her thorough documentation, tools designed during the project, and recommendations have been recognized as significant contributions

to the nursing field in San Diego.

Joan H. Baldwin, R.N., M.A., M.S.N., received a research grant from Point Loma College to design a computer-based simulation game entitled "Family Health Nursing-Decisions". Her proposal, "Gaming as a Teaching Tool in Community Health Nursing" considered the computer game a method to convey to students an understanding of the roles of a community health nurse and the decisions which frequently must be made to accomplish the goal of maximum health for the client and family.

Irene Palmer, R.N., Ph.D., F.A.A.N., Dean and Professor, Philip Y. Hahn School of Nursing, University of San Diego, received a National Research Service Award Post-Doctoral Fellowship through the United States Public Health Service Division of Nursing. Dr. Palmer continues her research into the life, philosophy, beliefs, and values of Florence Nightingale and is developing a reference work on the subject.

On December 8, 1980, the Honor Society held a Christmas Social and election of the new President-Elect, Karen Zappone, R.N., M.S.N.

On February 18, 1981, a joint meeting between Gamma Gamma Chapter, San Diego State University and the University of San Diego Nurses' Honor Society was held. The purpose of this program was to provide a forum for nurses in the San Diego community who share similar goals and backgrounds to meet and exchange information, ideas, and concerns. The keynote speaker was Mary Ann Sweeney, R.N., Ph.D., Associate Director of Nursing for Education and Recruitment, University of California Medical

Center, University Hospital, San Diego, and Associate Professor, School of Nursing, Boston College, Massachusetts. Her topic was "Defining Essential Psychomotor Skills in a Baccalaureate Program: Perspectives of Educators, Nursing Service and New Graduates".

In the February, 1981 newsletter, continued efforts on the part of the Honor Society's members were documented. Ruth Erne, R.N., B.S.N. (M.S.N. candidate UCLA) announced her research entitled "Nurse Attitudes on Spiritual Counseling as a Nursing Responsibility". The course of nursing was traced from the time it was integrated closely with religious orders and concurrently, spiritual concepts and philosophies in nursing were explored.

Joan H. Baldwin, R.N., M.A., M.S.N. has been asked by Sister Callista Roy to participate in the Third National Adaptation Workshop to be held in Los Angeles in June, 1981. As a speaker in the clinical application workshop, Joan will present a paper entitled "Utilizing the Adaptation Model in Community Health Nursing."

In March, 1981, Christine Brown, R.N., M.S.N., Director of the Well Being Center, invited all members to the grand opening ceremonies of the Center. The Well Being, located in the University Towne Centre, is the first public health education and information center of its kind to be established in a community shopping mall by a hospital at the request of local citizenry. The center is primarily funded by Scripps Memorial Hospital Foundation and will provide public screening for

hypertension, cancer, and glaucoma. There will also be self-instructional audiovisuals to assist persons who wish to adapt healthy behavior, a patient referral service to hospital physicians, and a library with literature on the role of exercise and nutrition in promoting health.

Charter application for entry into Sigma Theta Tau was completed and forwarded to the National Organization in September 1980. The application was accepted by the National Organization in November 1980. A special ad hoc committee was formed for planning and preparing for the site visit. Dr. Helen Ference, R.N., Ph.D. is scheduled to arrive on April 2 and 3, 1981 to conduct the evaluation for Chartership.